

Ipswich Junior Triathlon 2010 Framlingham College

Girls age 8

Pos.	Name	No.	Club	Swim		Cycle		Run		Total
1	Elena Gough	2	Cambridge Tri	1:03	3	3:42	1	3:59	2	8:44
2	Ciara Nicholson	5	Discovery Tri	0:55	1	4:43	3	3:41	1	9:19
3	Laura Bailey	1		1:04	4					10:03
4	Amy Shellito	3	East Essex Tri	1:02	2	4:46	4	6:34	3	12:22
5	Fay Morris	4		1:13	5	4:41	2	7:20	4	13:14

Boys age 8

Pos.	Name	No.	Club	Swim		Cycle		Run		Total
1	Rowan Baker	13	City of Norwich	1:09	5	3:44	1	3:33	1	8:26
2	Sam Ponty	15		0:48	1	4:12	2	3:34	2	8:34
3	Jordan Bradford	11	Cambridge Tri	0:59	3	4:18	3	3:52	5	9:09
4	Daniel de Boltz	10	Ipswich Tri	1:04	4	4:25	4	3:45	4	9:14
5	Clayton Thomas	12		1:28	9	4:35	5	3:37	3	9:40
6	Seb Norton	6		1:42	10	4:47	6	3:52	5	10:21
7	Giles Kelleway	8	Leiston Swimming Club	1:18	8	5:05	7	3:59	7	10:22
8	Logan Pyle	14		0:48	1	5:21	9	4:32	8	10:41
9	Viktor Toma	7	St Joseph's College	1:17	6	5:12	8	4:43	10	11:12
10	Henry Alabone	9		1:17	6	6:39	10	4:35	9	12:31

Girls 9 - 10

Pos.	Name	No.	Club	Swim		Cycle		Run		Total
1	Sinead Clark	32	East Essex Tri	2:08	6	6:04	2	4:58	1	13:10
2	Sarah Brunton	35	Cambridge Tri	2:03	3	5:55	1	5:17	2	13:15
3	Issy Wickens	33	Ipswich Tri	2:10	7	6:14	3	5:22	3	13:46
4	Eliza Ross-Smith	26		1:55	2	6:23	4	5:40	4	13:58
5	Imogen Ross-Smith	25		1:54	1	6:23	4	5:52	8	14:09
6	Nicole Bradford	37	Cambridge Tri	2:11	8	6:31	6	5:44	6	14:26
7	Kerry Delaney	36	Cambridge Tri	2:07	5	6:54	7	5:49	7	14:50
8	Holly Thompson	38		2:04	4	7:00	8	5:57	9	15:01
9	Charlotte Gowers	30	Discovery Tri	2:12	9	7:03	9	6:11	10	15:26
10	Philippa Taylor	34		2:34	10	7:29	11	5:40	4	15:43
11	Emilia Kent	23		2:57	13	7:23	10	6:36	12	16:56
12	Helena Hunt	22	City of Norwich	3:04	15	7:51	12	6:36	12	17:31
13	Lucy Coulter	31		2:44	11	8:41	14	6:20	11	17:45
14	Natalie Cardin	27		2:58	14	7:55	13	7:20	15	18:13
15	Sophie Norton	29		2:47	12	9:28	15	6:41	14	18:56
16	Georgina Alabone	20		3:15	16	11:33	16	8:17	16	23:05

Boys 9 - 10

Pos.	Name	No.	Club	Swim		Cycle		Run		Total
1	Joseph Brierly	46		2:08	3	6:45	4	5:02	1	13:55
2	Adam Blades	66	Leiston Swimming Club	2:22	8	6:44	3	5:06	3	14:12
3	Jack Shellito	61	East Essex Tri	2:18	7	6:51	5	5:05	2	14:14
4	Oliver Pyle	60		2:15	5	7:24	13	5:07	4	14:46
5	Johan Hasselder	57	West Suffolk Tri Club	2:41	15	6:58	7	5:08	5	14:47
5	Joseph Drake	62	Rock Estate	2:24	12	6:31	1	5:52	13	14:47
7	Toby Wright	55	Tri Sport Epping	2:24	12	6:34	2	5:57	14	14:55
8	Sam Green	52		3:07	20	6:54	6	5:33	9	15:34
9	Harry Bailey	49		2:47	16	7:08	9	5:41	11	15:36
10	Nicholas Borrett	45		2:14	4	8:07	18	5:16	6	15:37
11	Zachary Foster	39	Orion Harriers	2:17	6	7:54	16	5:39	10	15:50
12	Tom Norton	50		3:13	21	7:20	12	5:18	7	15:51
13	Callum Whelan	54	Walden JNR	3:02	19	7:00	8	5:58	15	16:00
14	Jack Neale	58	East Essex Tri	2:29	14	7:10	10	6:28	17	16:07
15	Oliver Pick	59	Leiston Swimming Club	2:23	9	7:16	11	6:36	19	16:15
16	Jamie Mayhew	64	Leiston Swimming Club	2:07	2	7:24	13	6:52	21	16:23
17	Fred Goose	51	Leiston Swimming Club	2:23	9	7:42	15	6:45	20	16:50
18	Guy Blades	63	Leiston Swimming Club	2:23	9	8:13	20	6:34	18	17:10
19	Dean Johnson	56	Leiston Swimming Club	2:57	17	7:54	16	6:21	16	17:12
20	Thomas Bliss	47		4:01	23	8:09	19	5:25	8	17:35
21	Oliver Bowman	48		3:16	22	8:31	22	5:49	12	17:36
22	James Boots	65		2:06	1	8:18	21	7:15	22	17:39
23	Ryan Morris	53		2:57	17	9:32	23	8:25	23	20:54

Girls 11 - 12

Pos.	Name	No.	Club	Swim		Cycle		Run		Total
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1	Sophie Alden	84	City of Norwich	2:51	1	9:31	2	6:14	1	18:36
2	Ellie Bushell	82	North Norfolk Tri	3:09	6	9:36	3	6:27	3	19:12
3	Lorna Robinson	80	Ipswich Tri	3:20	8	9:13	1	6:59	5	19:32
4	Evangeline Foster	81	RG Active	3:07	4	10:33	4	6:18	2	19:58
5	Kiera Tippett	83	East Essex Tri	3:08	5	10:44	5	6:55	4	20:47
6	Alexandra Rae	79	Discovery Tri	3:09	6	11:31	6	7:13	6	21:53
7	Megan Hammond	75		3:37	9	12:33	8	8:03	12	24:13
8	Georgina Fulcher	78	Deben Swim Club	2:58	2	13:23	10	7:55	10	24:16
9	Katia Cardin	77		4:04	12	12:43	9	7:55	10	24:42
10	Emily Eames	72	Tri Force Herts	5:06	14	11:32	7	8:25	14	25:03
11	Imogen Holland-Howes	76		5:08	15	14:14	11	7:25	7	26:47
12	Megan Clark	73		5:05	13	14:35	13	7:38	8	27:18
12	Lucy Oxbrow	86	Team Ipswich Swimming	3:02	3	16:01	16	8:15	13	27:18
14	Brooke Flower	85	Felixstowe Swim Club	3:55	10	14:22	12	9:11	15	27:28
15	Keiley Styles	71		5:38	16	14:50	15	7:50	9	28:18
16	Ellie Rankin	74	Deben Swim Club	4:03	11	14:49	14	9:54	16	28:46
17	Cerys Jones	70		5:39	17	22:26	17	13:27	17	41:32

Boys 11 - 12

Pos.	Name	No.	Club	Swim		Cycle		Run		Total
1	George Cook	115	Tri Sport Epping	3:37	10	9:41	2	5:53	1	19:11
2	Zak Coleman	111	Tri-Anglia	3:47	12	9:35	1	6:17	4	19:39
3	Finn Barnes	102	Cambridge Tri	3:59	16	10:04	3	6:05	2	20:08
4	Charlie Seller	112	Deben Swim Club	3:09	4	10:32	4	6:32	8	20:13
5	James Neale	114	East Essex Tri	3:10	5	11:02	9	6:25	5	20:37
6	Robert Brunton	122	Cambridge Tri	2:59	3	10:41	6	7:11	14	20:51
7	Jeremy Nockels	124	RG Active	2:47	1	11:56	18	6:29	7	21:12
8	Samuel Mileham	113	Tri Sport Epping	3:29	7	11:23	11	6:44	9	21:36
9	Liam Nicholson	120	Discovery Tri	3:10	5	11:17	10	7:15	15	21:42
10	William Oxbrow	123	Team Ipswich Swimming	2:51	2	12:01	20	6:53	11	21:45
11	Tom Nethercott	100	Cambridge Tri	4:03	17	10:37	5	7:33	19	22:13
12	Patrick Styles	99		4:31	28	11:40	16	6:15	3	22:26
13	Charlie Smith	108	Cambridge Tri	4:12	20	11:31	13	6:51	10	22:34
14	Scott Thomas	109		3:37	10	11:27	12	7:34	20	22:38
15	Louis Breyer	94	Ipswich Tri	4:57	31	10:52	8	7:04	13	22:53
16	Matthew Baker	103	City of Norwich	4:51	30	10:42	7	7:21	17	22:54
17	Jack Levermore	104	Leiston Swimming Club	4:04	18	11:54	17	7:34	20	23:32
18	Matthew Haskell	116	Felixstowe Waves SC	3:36	9	13:39	27	6:27	6	23:42
19	Jack Hobbs	106	Framlingham College SC	4:28	27	11:36	14	7:47	23	23:51
20	Tomas Gould	107		4:26	24	11:38	15	8:22	27	24:26
21	Jake O'Brien	90	Cambridge Tri	4:26	24	11:58	19	8:07	25	24:31
22	Jack Brammar	117		3:29	7	13:34	26	7:30	18	24:33
23	Jackson Crisp	98		4:17	21	13:26	25	6:54	12	24:37
24	Alex Lione	105	Cambridge Tri	4:27	26	13:17	23	7:17	16	25:01
25	Jack Goose	118	Leiston Swimming Club	3:52	14	13:24	24	7:53	24	25:09
26	Philip Toma	93	St Joseph's College	4:24	22	12:44	22	9:01	30	26:09
27	Hugo Kelleway	92	Leiston Swimming Club	4:25	23	14:05	28	7:44	22	26:14
28	Amaury Salomon	91		5:12	32	12:20	21	10:23	32	27:55
29	Felix Sarginson Batley	101		4:46	29	14:55	29	8:50	29	28:31
30	Joshua Richards	97	Ipswich Tri	3:58	15	16:19	31	8:19	26	28:36
31	Bradley Johnson	96	Leiston Swimming Club	4:10	19	15:17	30	9:18	31	28:45
32	Finlay Kirk	110		3:48	13	16:49	32	8:30	28	29:07

Girls 13 - 14

Pos.	Name	No.	Club	Swim		Cycle		Run		Total
1	Abby Smith	136	Tri Force Herts	3:41	1	14:58	4	8:00	1	26:39
2	Catriona Delaney	130	Cambridge Tri	4:19	5	14:54	2	8:41	4	27:54
3	Alice Maguire	126	West Suffolk Wheelers	5:09	10	14:21	1	8:32	3	28:02
4	Clover Murray	133	Discovery Tri	4:37	7	14:55	3	9:02	5	28:34
5	Sophie Jones	134	Cambridge Tri	4:36	6	16:11	6	8:17	2	29:04
6	Annabelle Graham	131	Cambridge Tri	4:52	9	15:08	5	9:12	7	29:12
7	Emma Studd	135	Deben Swim Club	3:50	2	16:41	7	9:06	6	29:37
8	Abigail Hill	132	Deben Swim Club	4:07	3	17:21	8	10:43	10	32:11
9	Francesca Wallace	129	Diss Otters SC	4:15	4	18:47	9	10:09	8	33:11
10	Amy Brammar	127		4:50	8	20:36	10	10:32	9	35:58

Boys 13 - 14

Pos.	Name	No.	Club	Swim		Cycle		Run		Total
1	James Kidd	166	HPU/Tri Sport Epping	3:32	2	12:23	1	7:00	1	22:55
2	Oliver Swallow	156	Discovery Tri	4:01	6	12:35	3	7:09	3	23:45

3	Arran Rae	157	Discovery Tri	3:52	4	13:03	6	7:18	5	24:13
4	James Tapley	161	Cambridge Tri	4:16	11	12:49	5	7:35	6	24:40
5	Louis Seller	164	Deben Swim Club	3:31	1	13:37	10	7:38	7	24:46
6	James Bruzos	155	City of Norwich	3:56	5	12:40	4	8:17	10	24:53
7	Elliot Bennett	154	Discovery Tri	4:17	12	13:32	9	7:08	2	24:57
8	Jacob Marshall-Grint	160	City of Norwich	3:42	3	13:31	8	8:11	9	25:24
9	Tom Stead	150	Cambridge Tri	5:26	19	13:20	7	7:15	4	26:01
10	Robert Dowell	151	Discovery Tri	4:51	14	14:01	12	8:24	13	27:16
11	Jacob Nethercott	147	Cambridge Tri	5:10	18	13:57	11	8:22	12	27:29
12	Adam Gough	152	Cambridge Tri	5:09	17	14:11	13	8:18	11	27:38
13	George Rodger-Brown	143	Sudbury Tri	6:35	21	12:27	2	9:12	15	28:14
14	Todd Last	165	Deben Swim Club	4:06	8	16:50	16	8:36	14	29:32
15	Thomas Borrett	163		4:11	10	16:14	15	9:13	16	29:38
16	Louie Boydell	142		6:58	22	14:54	14	7:59	8	29:51
17	Charlie Fulcher	140	Deben Swim Club	4:05	7	17:50	19	10:21	19	32:16
18	James Redshaw	159		4:40	13	18:04	20	9:50	18	32:34
19	Edward Hunt	144	City of Norwich	5:57	20	17:14	17	9:46	17	32:57
19	Sebastian Baker	153	Framlingham College SC	5:02	16	17:21	18	10:34	20	32:57
21	Cameron Foster	148		4:59	15	18:04	20	10:55	21	33:58
22	Daniel Finegan	162	Felixstowe Waves SC	4:10	9	18:45	22	13:15	22	36:10
	Jack Norton	145		9:21	23					

Girls 15 - 16

Pos.	Name	No.	Club	Swim		Cycle		Run		Total
1	Jasmine Seller	173	Ipswich Harriers/Deben SC	3:47	1	14:15	2	8:06	1	26:08
2	Claire Caiger	171	Framlingham College SC	4:41	3	14:11	1	8:20	2	27:12
3	Sarah Eames	170	Tri Force Herts	5:34	4	16:23	3	10:49	4	32:46
4	Alice Theobald	172	Felixstowe Swim Club	4:01	2	18:09	4	10:47	3	32:57

Boys 15 - 16

Pos.	Name	No.	Club	Swim		Cycle		Run		Total
1	Adam Tapley	183	Cambridge Tri	3:49	6	11:53	1	7:02	2	22:44
2	Connor Delaney	184	Human Performance Unit	3:33	1	12:31	2	7:39	7	23:43
3	Zuhair Crossley	180	Cambridge Tri	4:12	7	12:43	3	7:05	3	24:00
4	James Harper	182	Tri Force Herts	3:47	4	12:58	4	7:23	5	24:08
5	Adam Last	185	Deben Swim Club	3:36	2	13:48	7	7:17	4	24:41
6	Oliver Norman	181	Ipswich Harriers/Deben SC	3:46	3	13:19	6	7:50	9	24:55
7	Ryan Chamberlain-Cox	179	Cambridge Tri	4:50	9	13:17	5	7:30	6	25:37
8	Andrew Revell	177	Framlingham College SC	4:59	10	14:58	9	6:57	1	26:54
9	Kieran Bliss	176		5:43	11	14:46	8	7:41	8	28:10
10	Ryan Clay	186		3:48	5	16:42	11	9:04	10	29:34
11	Steven Sutton	178	Leiston Swimming Club	4:24	8	16:36	10	12:06	12	33:06
12	Daniel Ross	175		6:47	12	21:04	12	11:36	11	39:27

Team competition

Age 8

Cambridge Tri

Age 9-10

Cambridge Tri 15
East Essex Tri 18
Leiston Swimming Club 33

Age 11 - 12

Cambridge Tri 20
Deben Swim Club 28
Ipswich Tri 48
Leiston Swimming Club 69

Age 13 - 14

Discovery Tri 9
Cambridge Tri 11
Deben Swim Club 20
City of Norwich 33

Age 15 - 16

Cambridge Tri 11